

FOODS AND NUTRITION 2 ACTIVITIES

Course Code 5825

A. NUTRITION

- 1. Evaluate food choices for nutrient density.**
 - Develop a menu for a health-food restaurant.
 - Plan nutrient dense snacks.
 - Identify nutrient dense foods needed for back packing trip.
- 2. Apply USDA Dietary Guidelines in planning and preparing foods to meet special nutrition needs.**
 - Develop meal plans for one of the following camps – camp large, camp skinny, camp cvd, camp diabetes, camp vegetarian, camp lactose intolerant, camp food allergy.
 - Identify nutrient dense foods needed if running a marathon, taking the SAT, or cycling, studying, soccer game, skate boarding, etc.
- 3. Develop a plan to meet personal and family nutrition and wellness needs throughout the life cycle.**
 - Plan meals for an 8 month old, 10 year old, 16 year old, and 80 year old.
 - Establish goals for eating. Write a letter to self stating the goals. Stamp it and teacher will mail it during the summer.
 - Determine foods not to put in an infant's bottle.
 - Design fast and nutritious breakfast foods.
 - Identify foods to serve a toothless person.
- 4. Plan nutritious menus for special occasions.**
 - Write holiday menus to address various special needs.
 - Plan a budget and chart nutrients for your favorite holiday dinner.
- 5. Investigate nutrition in culturally diverse cuisines.**
 - Invite people from different cultures to visit the classroom and talk about nutrition in their culture.
 - Research nutrition information for a different culture and creatively present the information to the class.
 - Develop brochures, flyers, posters to display or handouts.

FOODS AND NUTRITION 2 ACTIVITIES

Course Code 5825

6. Create nutrition-related scenarios that incorporate the decision-making process.

- Discuss personal issues relating to nutrition and incorporate the decision-making process and how it was used.
- Evaluate the use of the decision making process in various situations.
- Watch videos or television programs about nutrition and discuss how the decision making process is used.
- Observe others and write a summary of what they were doing and how the decision making process was used as it relates to nutrition.

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Course Code 5825

B. SAFETY AND SANITATION (SERVSAFE AND HAZARD ANALYSIS CRITICAL CONTROL POINT)

- 1. Demonstrate safety and sanitation procedures during the pre-preparation (receiving, handling, and storing) process.**
 - Demonstrate food handling and techniques to prevent contamination.
 - Assess the storage of foods and non-foods in a storage room (ServSafe).
 - Calibrate a food thermometer.

- 2. Demonstrate safety and sanitation procedures when preparing and serving food.**
 - Create a safety and sanitation checklist.
 - Implement proper sanitation steps to eliminate contamination.
 - Describe the four methods for thawing foods.
 - Decide whether to accept or reject various foods after checking the temperature of the food.
 - Describe cross contamination.
 - Demonstrate the proper ways to serve, cool and reheat foods.

- 3. Incorporate essential personal hygiene practices as outlined in ServSafe and/or HACCP.**
 - Describe personal hygiene and how it affects food safety.
 - Demonstrate steps for hand washing.
 - Demonstrate the proper use of gloves and explain when they are to be used and discarded.
 - Describe situations that require a person working with foods to wash their hands immediately.
 - Observe laboratory learning experiences and evaluate personal hygiene practices.

FOODS AND NUTRITION 2 ACTIVITIES

Course Code 5825

4. Analyze a safe and sanitary work environment.

- Design a safe and sanitary environment.
- Compare and contrast a safe and unsafe work environment.
- Discuss the consequences of having an unsafe work environment.
- Check sanitizers for effectiveness.
- Explain the difference between cleaning and sanitizing.
- Illustrate the correct methods for storing cleaning supplies.
- Evaluate the use and storage of cleaning supplies.
- Distinguish between cleaners and sanitizers.

5. Choose appropriate procedures for administering basic first aid.

- Create different scenarios for basic first aid.
- Demonstrate appropriate procedures to use for various situations in the kitchen i.e. burns, cuts, etc.

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Course Code 5825

C. CONSUMER DECISIONS

- 1. Demonstrate consumer decision-making skills.**
 - Review the steps in decision making.
 - Relate the decision making process to all aspects of foods and nutrition.
 - Choose nutritious foods from a restaurant menu.
- 2. Examine the factors that affect consumer food purchases.**
 - Identify factors affecting food supply and price.
 - Identify sales techniques used by the foods industry.
 - Name food shopping strategies (saving money without sacrificing nutrition).
- 3. Determine appropriate consumer behavior when eating out (e.g., place order, display etiquette, review bill, calculate gratuity).**
 - Interpret menu terminology.
 - Role play how to properly place an order.
 - Analyze all aspects of dining etiquette.
 - Check bill for accuracy.
 - Calculate gratuity.
- 4. Analyze food labels to evaluate nutritional content.**
 - Identify parts of a food label.
 - Compare food labels of like products for price, nutrition, and quality.
- 5. Compare conventional and convenience foods.**
 - Compare home made and convenience foods (taste, cost, time, skill, and nutrition).
 - Calculate cost per serving of home made versus convenience foods.
 - Determine skill level needed to prepare each.
 - Compare nutritional value of each.

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Course Code 5825

D. MEAL PREPARATION

- 1. Integrate a variety of unfamiliar foods into meal planning.**
 - Plan a menu integrating foods from each of the food groups.
 - Prepare a menu integrating foods from each of the food groups.
 - Evaluate the menu for nutrient density.
 - Prepare a dessert.
 - Prepare an entrée.
 - Prepare a side dish.
 - Evaluate a menu meal appeal.

- 2. Prepare foods using a variety of culinary techniques.**
 - Bake foods.
 - Broil foods.
 - Sauté foods.
 - Roast foods.
 - Poach foods.
 - Grill foods.
 - Steam foods.
 - Boil foods.

- 3. Employ various food presentation techniques.**
 - Garnish
 - Vegetable cuts
 - Knife cuts
 - Plating

- 4. Identify nutritious ethnic, regional, and international foods.**
 - Compare foods popular in one country with foods from another country for nutritional value.
 - Conduct a taste test to compare different foods.
 - Compare fat content of various foods.
 - Research a country - identify food, customs, culture, and prepare a recipe.

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Course Code 5825

E. TABLE SERVICE AND ETIQUETTE

- 1. Demonstrate dining etiquette for culturally diverse groups.**
 - Divide class into groups. Assign each group a country to research dining etiquette. Role-play findings to class.
 - Develop a PowerPoint presentation on dining etiquettes.
 - Plan a cultural day.

- 2. Design table settings for various occasions.**
 - Arrange a table setting for one of the assigned cultures.
 - Invite a guest speaker.
 - Plan a field trip to a restaurant that features authentic foods from another culture.

FOODS AND NUTRITION 2 ACTIVITIES

Course Code 5825

F. CAREERS

1. Research career opportunities in foods and nutrition fields.

- Interview someone who has a career in foods and nutrition fields.
- Conduct an Internet search to find related careers.
- Develop a career brochure.
- Plan a career fair and invite representatives for the foods and nutrition careers.
- Invite a foods and nutrition professional to speak to the class and respond to prepared questions.

2. Determine personal qualifications, interests, and educational preparation necessary for future employment.

- Select a foods and nutrition career and write a research paper including all information about that career.
- Work in a team of three to four and create a chart outlining all of the information about various foods and nutrition careers. Present the information to the class.
- Role play situations regarding job seeking and job keeping skills.
- Develop scenarios and allow classmates to talk about the scenario and brainstorm various solutions. Decide whether solutions are viable options.

3. Develop a resume and cover letter.

- Research information on how to develop a resume and cover letter.
- Develop criteria to evaluate resumes and cover letters.
- Use the team process to evaluate resumes and cover letters.
- Have a human resources person evaluate the resume and cover letters.